VOLUME 04

ISSUE 22



Michelle Bishop

Susan Pedersen's "Women Contemplating Fruit" hangs on display at the Fall 2004 Art Student Exhibition in the UNO Art Gallery in the Weber Fine Arts Building.

Soccer moves to the NCAA Quarterfinal

ANGIE PECK SPORTS EDITOR

2004 Art Student Exhibition

The UNO Maverick soccer team's Friday match against Southwest Baptist's game ended in a shootout, after regulation and two overtimes. The Mavs won the shootout 4-3 after two key saves by UNO goalie Amy Price.

In the 17th minute, Southwest Baptist notched a goal when player Ashley Munnelly scored on a free kick rebound for the early 1-0 lead. The score remained until just after halftime when Brandie Beale scored on a scramble in front of the goal. When the 1-1 tie remained throughout the extra sessions, a shootout finally decided the game.

In the shootout goals, the Mavs picked up goals by Beth McGill, Dani McCawley, Beale and Rachel Tushner, giving UNO the 4-3 shootout win.

Price returned to the lineup after sitting out a week, and allowed the Ione Southwest Baptist goal, making two key stops in the shootout period. Price also recorded six saves in the match.

On Sunday, the Mavericks defeated No. 1 seeded Truman State 2-1 in overtime to extend the season on to next weekend's NCAA quarterfinals.

Just before the halftime whistle, Christen Boeckel took a cross from Ali Portell and rocketed it in from ten vards out for the score. Truman tied the game at one in the 61st minute on a goal by Truman's Robyn Mortenson.

The 1-1 score stood after regulation, sending the game into overtime. In the overtime period, the first team to score is the winner with the golden goal. Three minutes

and 18 seconds into the extra frame, UNO's Anne Willrett scored her 14th goal on the season from five yards out in front of the net. The goal for Willrett breaks her six-game scoreless streak, dating back to Oct. 16.

Price made four saves, and allowed the lone Bulldog goal, garnering her second straight extraperiod win.

UNO avenges an early-season education and global outreach." 1-0 home loss to the Bulldogs. The Mays have eliminated Truman State three consecutive years from the NCAA tournament, and hand Truman (19-1-2) its first loss of the

UNO moves to 18-3-2, and will await the winner of the Great Lakes region championship between Ashland (Ohio) and Wisconsin-Parkside to see where they will travel for Saturday's NCAA Quarterfinal match.

International Education Week to put the spotlight on educational programs

KIMBERLY BRYANT **EDITOR-IN-CHIEF**

UNO will celebrate the impact of international educational programs and cultural diversity at the university by celebrating International Education Week through Friday.

According to Bob Schimpf of International Studies and Programs, International Education Week is a joint initiative of the U.S. Department of State and the U.S. Department of Education. The purpose of the initiative is to promote programs that prepare Americans for a global environment and attract future leaders from abroad to study, learn, and exchange experiences in the United States.

The week was started in 2000 after U.S. Secretary of State Madeleine Albright and U.S. Secretary of Education Richard Riley declared Nov. 13-17 as U.S. International Education Week. The week was created thanks to an executive memorandum signed by then President Bill Clinton that called for an international education

International Education Week puts the spotlight on the ways that international education programs impact UNO and allows the university to celebrate its cultural diversity and global outreach. Schimpf encourages the students, faculty and staff of UNO to attend and participate in the events that are being held, because there's something for everyone.

"Every term, UNO welcomes many students and exchange visitors from all over the world. Their talents and unique perspectives are invaluable contributions to the rich tapestry of the UNO community," Schimpf said. During International Education Week its a great time to become more acquainted with these contributions and the many ways students, faculty and staff participate in international

The schedule of events is as follows:

Through Wednesday **Photo Contest and Exhibit**

The second Annual "Eyes on the World" Photo Contest and Exhibit is open to all UNO faculty, staff and students. Entries will be on display in the University Library and all students, faculty and staff members will be able to vote for their favorites. Winners will be announced at Café Internationale (see below) at 3 p.m. Wednesday.

International Career Seminar Roskens Hall, room 204, 10 a.m.-11:30 a.m.

Dr. Phani Adidam, associate professor of marketing and management, will host a seminar that will feature a panel discussion on international business careers. The panel will include: Sven Jacinski, managing consultant at Business Growth International; Todd Johnson, international accounts at Gallup; and Steve Kuhl, vice president for foreign exchange trading at Travelex Financial

Global Market Milo Bail

Milo Bail Student Center south entrance, 10 a.m.-2 p.m.

A variety of collectibles and gift items from various countries will be available for purchase. Proceeds will help fund emergency loans for international students.

International Film Festival

Milo Bail Student Center Fireside Lounge, 10 a.m.-2 p.m.

Study Abroad Student Panel

Omaha Room, Milo Bail Student Center, 10:30 a.m.-noon

UNO students who have studied all around the world will discuss their experiences.

Studium Choir from Siauliai University in Lithuania

Strauss Performing Arts Center Recital Hall, 7:30 p.m. - 9:00 p.m.

Wednesday Café Internationale

Arts & Sciences Hall, room 241,

An open house to celebrate International Education Week. Enjoy refreshments and hors d'oeuvres as you meet students from some of the 96 countries represented at UNO and participate in various activities.

Movie: Afghanistan Unveiled Eppley Auditorium 7:00 p.m. -9:00 p.m.

The documentary Afghanistan Unveiled was the result of Shaista

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OmahaWeather





Partly Cloudy H: 56 L: 40

Thursday Mostly Cloudy

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The good, the bad and the ugly... UNO Hockey

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News Briefs

COMPILED BY J. PARKER ADAIR News editor

University Library Friends to host Afghanistan-related events Wednesday and Thursday

UNO Library Friends invite the campus community to participate in two events set for Wednesday and Thursday that focus on Afghanistan.

A free screening and discussion of the PBS documentary "Afghanistan Unveiled" will be held in the Eppley Administration Building Auditorium at 7 p.m. Wednesday.

Attendees will be able to hear the personal stories of women filmmakers under the oppression of the Taliban, and learn of their hope for a new, better future for women in Afghanistan.

The viewing of the documentary will be followed at 8 p.m.: by a question-andanswer period featuring Shaista Wahab, a professor with University Library. Wahab traveled to Afghanistan in November of 2002 and February of 2003, where she taught oral history to Afghan women journalists. Afghan teachers who are currently visiting the UNO community and surrounding school districts will join Wahab in the discussion.

John F. Shroder Jr., a professor of geography/geology at UNO, will present a talk titled "Geoscience in Afghanistan" on Thursday. After 9/11, Dr. Shroder identified the geographical formations in a photo of Osama Bin Laden, aiding those who were searching for him.

Dr. Shroder's presentation will take place in the Milo Bail Student Center Nebraska Room from 7 to 8 p.m. and will be followed by a question-and-answer

For more information about these events, contact Debi Mackiel at 554-3096 or John Flocken at 554-3725.

SPO and Student Health Services to host STD Awareness Day event Wednesday

The Student Programming Organization at UNO will sponsor a Sexually Transmitted Diseases Awareness Day on Wednesday. The event, cosponsored by Student Health Services, will be held from 11 a.m. to 1 p.m. in the Milo Bail Student Center Nebraska Room. It is free and open to the public.

A variety of health centers will be on hand, including SHS, Douglas County Health, The Nebraska AIDS Project, Charles Drew and Planned Parenthood.

Health center vendors will give out free information, speak about their facilities, the types of services offered and answer questions.

The Nebraska AIDS Project will offer a free 20-minute HIV test.

Food and refreshments will be served. For more information, contact Erin Cron with SPO at 554-2711, or Marcia Adler with SHS at 554-2374.

Fourth annual Latina Youth Leadership Conference at UNO Friday

Lambda Theta Nu Sorority, Inc., the first Latina sorority to establish in Nebraska, is holding their fourth annual Latina Youth Leadership Conference.

The conference is scheduled to be held Friday at UNO, and provides college scholarships for Latina high school students. Workshops will be given at the Milo Bail Student Center Ballroom and on the third floor.

The sorority reaches out to high-risk Latinasat Bryan, Norrisand Marrsmiddle schools through its annual Latina Youth Leadership Conference and encourages them to pursue higher education.

This year LTN plans to bring more than 80 young Latinas onto UNO's campus. So far, more than 300 ladies have attended the conference.

The sorority has also awarded more than \$3,000 in scholarships to Latinas at Central, Bryan and South high schools.

The UNO chapter of LTN was established in November 2000 and has a total of 19 members. The chapter received the 2004 Hispanic/Latino on the Move award for its community involvement. Members also spend time at the South Omaha Boys and Girls Club, visiting with high school students and raising money for Latino literacy programs.

For more information, contact Josie Loza at 706-6748

Volunteers sought for Salvation Army holiday programs

The Salvation Army is asking the UNO community for help with two of its annual programs this holiday season. Volunteers are sought for the Adopt-A-Family Radiothon and Toyland.

The Salvation Army & Star 104.5 FM Adopt-A-Family Radiothon will be held Dec. 1-3 from 6 a.m. to 6 p.m. at the Salvation Army Lied Renaissance Center, 3612 Cuming St. Local needy families will receive holiday assistance in the form of food and gifts.

Volunteers are needed each day as phone bank workers, mail clerks, runners, data entry clerks, and other duties related to phone bank and mail processing. Volunteer shifts will be broken into twohour segments. Volunteers may cover as many shifts as they wish. A total of 10 to 15 volunteers will be needed per shift

Toyland will be held Dec. 15-22. Volunteers are needed to help set up Toyland, escort parents to select toys, restock gifts and assist in the cleanup. Spanish translators are also needed.

To volunteer for either project, contact Teresa Gleason at 554-2762.

Letter to the editor:

Dear Editor:

Reinstating the military draft is the only way to accomplish the goals outlined by Dan Uphoff's letter to The Gateway (Nov. 9, 2004).

Dan, since we are taking a more "proactive" role in world peace, I would like to know what country we should invade next. Your letter was unclear about what country needs to "give democracy a chance" next. North Korea? Iran? Cuba? By your litmus test, China would make a great candidate for invasion.

Given the current situation with our armed forces, the only way to implement your international policy is to institute a military draft.

So, I would ask that you and your fellow UNO College Republicans endorse a military draft. I'm sure The Gateway would love to write a story about your endorsement. During the Vietnam War, pacifists were willing to burn their draft cards and go to jail for their beliefs. If you really

believe what you are saying, then take action.

Let me share a Japanese proverb with you. "Vision without action is daydreaming; action without vision is a nightmare."

We have proven the latter to be true. The United States invaded Iraq without a clear vision on how to win the peace, and many people consider the situation in Iraq to be a nightmare. I would like to see if the first part of that quote is true.

Dan's vision for a world in which all nations "give democracy a chance," on our terms, calls for drastic measures. Are we to believe Dan and his fellow College Republicans are serious or daydreaming? They represent a party that controls all branches of government. The ball is clearly in their court.

And for the record, the UNO College Democrats are strongly opposed to a military draft.

> Ryan Renner **UNO** College Democrat

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From EDUCATION: Page 1

Wahab's experience during a groundbreaking training program for Afghan women journalists in November 2002 and February 2003. Following the screening, Wahab will lead a question and answer session.

Thursday Study Displays

Milo Bail Student Center, south entrance, 10:30 a.m.-

Information about study abroad opportunities will be available at display tables.

International Song and Dance Festival

Crestridge Elementary School, 818 Crestridge Rd., 1-3:30 p.m.

UNO international students will perform native songs and dances for the Crestridge Magnet School for International and Global Studies.

Bethsaida Exhibit: "Silent Spectators of the Sacred"

Arts and Sciences Hall,

room 343

Tours: 9 a.m. -10 a.m., 3 p.m.-4 p.m.

The exhibit, on loan from the Antiquities Authority of Israel, features stones from the Temple Mount in Jerusalem, which date to the first century. This is the first time the stones have been on Abroad exhibit in the United States.

> The Geo Science of Afghanistan

> MBSC Nebraska Room. 7:00 p.m. - 8:00 p.m.

> A presentation by Dr. John Shroder, Professor/ Regents/Named Chair, Geography/Geology.

> > Friday Nebraska Neighbors Oakland, Neb.

Sixteen international students from UNO will visit Oakland, Nebraska. The students will participate in community activities and speak to children in the schools. A communitywide potluck dinner and an evening with host families will round out the visit.

Comments? Concerns? Complaints?

Write the Editor at editor@gateway.unomaha.edu



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With college costs soaring, many grads are starting life in a deep hole

GAIL MARKSJARVIS KNIGHT RIDDER NEWSPAPERS (KRT)

Even before Tasha Taylor completed her education at Hamline University in St. Paul, Minn., three years ago, she was determined to be a social worker.

She had watched her mother heroically raise six children after losing a business in her 40s, and Taylor wanted to help welfare recipients rebuild their lives the way her mother had.

Now, immersed in that work, she has no regrets and no plan to change professions. But the pressures of massive college debt are weighing heavily on her.

At 26, she has \$50,000 in college loans hanging over her future, about a quarter of the cost of a starter home. And she worries about it every day.

At \$15 an hour, her pay doesn't stretch far enough each month to provide for her daughter and pay \$555 in health insurance, \$600 for a "hole-in-the-wall" apartment and about \$500 for student loans. Taylor eased the pressure recently by sharing an apartment with her boyfriend and refinancing the loans so she pays only \$200 a month. But to get the payments. down, she had to extend them for 25

That means paying thousands more in interest, and the loans will nag at her decision-making until she's 51.

Taylor is a member of what has been dubbed "Generation Broke." These are young Americans starting their lives deeply in the red because of student loans and credit card debt accumulated in college. With a tight job market since

3 Island off

4 Nuzzled

Venezuela

5 Agitate anew 6 Most of the

world's population

the 2001 recession, they struggle with or \$2,058 a month. Once they have paid stagnant pay, temporary jobs and an unemployment rate that has recently been higher for college graduates than for high school dropouts.

As a result, it's common for young Americans like Taylor to wrestle with career ideals that don't mesh with their financial burdens.

"One in five significantly changed their career plans because of student loans, nearly 40 percent delayed buying a home, and 20 percent reported their debt burden caused them to postpone having children," says researcher Tamara Draut, who conducted a study of 18 to 34-year-olds for Demos USA, a New York think-tank.

The average person leaving college now has \$18,900 in student loans, compared with \$9,000 for 1992 graduates. In addition, they have \$3,262 in credit card debt-- a 134 percent increase since the mid-'90s.

College costs rose 35 percent over the past decade, and requests for federal loans went up 56 percent. Without enough low-interest college loan money to cover overall costs, students borrow money from private lenders at higher interest rates.

About a quarter of students even use credit cards to cover some college expenses, according to the College Board—a much more expensive and volatile way to finance college. After college, Draut says graduates manage to make minimum payments on credit cards but are so strapped they take on more debt.

The result: The average college graduate has a starting salary of \$36,000, \$307 toward their student loans and credit cards, plus covered rent, utilities, food and transportation, only \$34 is left over for child care, entertainment, clothing, furniture or emergency expenses, says

The generation is "slipping into a downward debt spiral that is unmatched in modern history," she says. "Young adults starting off in the red will find that it impacts their financial security for years

Maggie Bolton-Henly of St. Paul already worries about getting sucked into the spiral, even though she hasn't completed her final year at Willamette University in Oregon.

With \$20,000 in college loans, "I do know that once I graduate, money will be a main factor in choosing a job because I do have so many loans to pay back, " she

She's worried she will end up like a number of people she sees "who are completely unhappy in their jobs and not passionate about what they are doing but feel trapped because they have bills and loans to pay."

She is flirting with becoming a lawyer—not out of a deep passion for the profession but because she thinks it would assure her high pay and the ability to retire loans.

Yet, going to law school would probably triple her debts initially, and raises the question: How much student debt is too much?

It's a question students should consider as they select colleges and

careers, says Sandy Baum, an analyst for the College Board and a Skidmore College

College itself is a proven and worthy investment, but students who take on total debt that will exceed their annual pay may be stretching too far, she says.

Over their working lives, the typical college graduate earns about 73 percent more than the typical high school graduate, and those with advanced degrees earn two to three times as much as high school graduates, according to the College Board, which studies trends in education finance. Earnings are greater for people from all ethnic backgrounds.

And despite the burden of debt, the College Board says the typical graduate, who started college at 18, has earned enough by age 33 to compensate for both tuition and fees at the average public fouryear institution. At private colleges, the

As high school seniors eye college choices this time of year, Baum says they should try to compare their, likely college debts with their likely salary.

There's a rule of thumb to have loan payments no larger than 8 percent of your expected income, she says. But that's not a hard and fast rule. While even 8 percent may be difficult to bear if someone is making only \$20,000 a year, a person with a \$60,000 income could devote more than 8 percent, she says.

To consider debt levels with salaries, check www.themint.org. Click on "earning" and "careers" and "starting salaries."

Crossword ACROSS Ollie's partner Squeal 8 Llama relative 14 Deli submarine 15 Double curve 16 Pressed Burden 18 Use a straw 19 Browns bread 20 Singer Flack 22 Parson's place 23 Soon-to-be former car 24 Mimic and Old Lace' 29 Journey part 30 Demand as a right 34 Harry 35 Amphitheater 36 Praise 37 Bosc and Anjou ot starte 40 Director Preminger 11/16/04 © 2004 Tribune Media Services, Inc All rights reserved. Past prime 42 Quarrel 43 Modern: pref. 7 Recipe amt. 8 A, B, C, etc. 44 Failure to speak Solutions out 47 Wide vista 9 Incongruous 49 Hearing range 10 Seashore Opening, as a 54 Piece of flatware 55 Artillerymen 56 Phonograph letter 12 Butterfly catcher inventor 13 Madison Ave. 58 Vegas intro 21 Paper measure 22 Word after A or 59 Region 60 Gesundheit producer Asia Dined 25 Molars and 62 Laugh heartily incisors 26 White heron 63 Overtook BRNAM 64 Married 28 Dodge STSAOT 65 Concludes 30 Dolly the sheep, DOWN 31 Rubber tree sap 32 Post-mortems ANUDIV 1 Brief 2 Pavarotti or 33 Altar words 53 Winter Palace 45 Invalidate Domingo 35 Mai __cocktail

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Twenty questions for the UNO student

COMPILED BY CRYSTAL R. REID FEATURES EDITOR



Name: Thomas M. Holst Major: Undecided Year: Freshman Hometown: Omaha

- 1. Describe yourself in five words. "Clumsy, funny, self-aware, academically stable and open to new ideas."
- 2. What are you most proud of accomplishing and why? "I'm proud of how well I do in school because it is the most challenging thing I'm doing right now."
- 3. What would you change about yourself? "I would take more initiative to do the things that I want to do."
- 4. What do you want to be when you grow up? 'T've had lots of ideas, sometimes I think it would be cool to be the president or, like, live in a cave or something. I just want to be a good person."

5. Where do you see yourself in 10 years? "In 10 years I might be out of school, graduated. I might still be in Omaha, healthy, not in jail and still trying to make a difference in the world."

- 6. What's in your CD player right now? "Nothing, but the last CD that was in there, I think, was the Ghostbusters soundtrack."
- 7. Who is the greatest band/performer of all time? "I'd say the greatest performer would have to be Robin Williams."
- 8. Greatest movie of all time and why? "The Matrix because of all the deep philosophical questions and it makes you think."
- 9. Who did you vote for this election? "The Libertarian candidate."
- 10. Why? "I wanted to vote for someone who won't win."
- 11. What do you feel are the major issues now that the president is in office for four more years? "The United States is in a transition period where it's not what it used to be, so we have to deal with the new stuff is coming in and some people are unwilling to change. The issues that are the manifestations of the new ideas are health care and what laws there should be and shouldn't be."
- 12. How do you feel about the conflict in Iraq? "I don't think it's really the best way to solve problems. I don't know what the right solution is and I'm not in any higher office. I'm not the ruler of the world, yet"
- 13. What would you do to change the world? "I'd teach people to discover themselves and to discover that they can help other people and discover that they can help themselves and other people. Eventually this

14. Who would win in a fight between Batman and Superman (why)? "It doesn't seem like Superman can ever die except with kryptonite and See TWENTY: Page 9

would change the world."

The fashionable UNO student

Real fashion



Alex May

For lack of a better topic, and because thought it sounded like fun, I decided to take a little walk around campus and bring my camera to see what exciting people I could find.

If you have ever seen the sections in Cosmo or some of the teen magazines where they corner people from different countries around the world with a great look and take their pictures...well then you'll know where I got the idea from. The only difference is that I have a much smaller area to cover.

It's just getting cold outside, as I'm sure we have all noticed, and many people were bundled up, making it difficult to see what they had on. I saw a group of interesting people but backed off when they gave me the evil eye. I guess I can't blame them, I would be weary of a sketchy character with a camera lurking around, too.

Eventually I saw him. I was actually just going about my business by this time and trying to think of a different story idea. We were on the shuttle bus together. It was definitely fate. Dressed to the nines in a funky jacket and distressed denim, he was just perfect for my first UNO student fashion profile

Name: Jared Gard Age: 21 Major: Marketing Hometown: Kearney, Neb.

Alex: "What are you wearing right

Jared: "Diesel Jeans, an Abercrombie by Ezra Fitch velvet blazer, Express pink button up and paisley tie and classic Puma tennis

A: "Describe your style in five words or

J: "Classic, edgy, sophisticated and fashionforward."

A: "Name your favorite designer or

J: "Prada and dsquared."

A: "Do you have a favorite thing right

J: "Yes! My Versace sunglasses I got while I was in New York and my Prada beanie."

A: "Wow, label freak, eh?"

J: "Hey, I like thrifting for vintage tees as much as the next guy..."

A: "Your personal style philosophy?"

J: "It's the small things and details that make or break your outfit."



A: "Favorite place to shop (in Omaha)?"

J: "Hmm...Von Maur? I like the denim at Post and Nickel. And there is an awesome site online I just happed onto... Style.com. It has a lot of new designers and different stuff."

A: "Now the fun part: What was your most shameful fashion period?".

J: "Well, I won't lie. I was a cowboy. But I am from Kearney..."

See FASHION: Page 9

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Cold war: How to fight back during the sick season

RHODA FUKUSHIMA KNICHT RIDDER NEWSPAPERS (KRT)

Recently, pharmacist John Hoeschen felt a cold coming on. He wasn't surprised, since his four kids were feeling under the weather. He immediately started drinking extra fluids and taking echinacea. Four days later, he was symptom-free: no coughing, no congestion. Hoeschen's strategy to combat a cold is simple: Hit it hard, hit it early.

"It can take a normal, nasty cold down to minimal symptoms," says Hoeschen, of St. Paul. "But by the time many people start thinking they don't cure the cold. The most common OTC medications are decongestants, antihistamines, cough suppressants and expectorants.

"If you start taking something, you think it's working, but it's likely because your cold is getting better," says Dr. Don Uden, professor of pharmaceutical care and health systems at the University of Minnesota and a former member of the FDA's nonprescription drug advisory committee.

We asked medical professionals for their advice in using OTC medications. Here are their suggestions:

•Keep it simple. If you take several multisymptom products at once, you may be overdoing it, says Hoeschen, who owns St. Paul Corner Drug. "With viral colds, take fluids, decongestant, expectorant," he says. "That's about

•Be careful if you're taking medications for other conditions. For example, decongestants may increase blood pressure. "It's always safest to check with your

all you need."

doctor if you have questions about it," Stroebel

•Use as directed. This seems like a nobrainer, but some people continue to think more is better. But beware. For example, if you use topical decongestants for more than five days, they can irritate and damage cells and cause swelling and fluid in your nose, Uden says.

•Monitor your symptoms. Battling a virus can make you more susceptible to other infections. If you start running a fever of 101.5 to 102 degrees, have a bad sore throat and difficulty swallowing, call the doctor. People with diabetes or those on immune suppressants or chemotherapy are more susceptible to bacterial infections, Stroebel says.

Cold and Flu Prevention Tips

Provided by UNO fitness and wellness

Cold and flu season is here. The following 12 tips can help you avoid coming down with the annual bug:

- Wash your hands.
- Don't cover your sneezes and coughs with your hands. (Use a tissue or handkerchief instead!)
 - · Don't touch your face.
 - Drink plenty of fluids.
 - Take a sauna.
 - Get fresh air.
 - Do aerobic exercise regularly.
 - Eat foods containing photochemicals.
 - Eat yogurt.
 - · Don't smoke.
 - Cut alcohol consumption.
 - Relay

For more information, visit the Web at http://my.webmd.com/content/pages/5/4068_103.htm, or contact Amber Nielsen, graduate assistant for fitness and wellness at UNO, at 554-3917.

about a cold, they have a head full of snot."

Cold and flu season is here. And so is the season for over-the-counter medications. But just because these medicines are available without a prescription doesn't mean everyone should reach for them.

A cold virus replicates in the cells in your nose or throat, either destroying or damaging them. That's why you get a sore throat.

"Most of the time, it's going to run its course, and then people will be fine," says Dr. Robert Stroebel, assistant professor of medicine at Mayo College of Medicine. "And they'll save the co-pay visiting the doctor."

Typically, symptoms last four to five days. OTC medicines essentially relieve symptoms;

place. "I think a person's best defense is good handwashing," Stroebel says.

• Consider other promising products on the market, including zinc lozenges. "Zinc is pretty interesting," Uden says. "There is some information that zinc might prevent the viruses from multiplying."

Not everyone jumps on the OTC bandwagon. Uden, for one, advocates not using them. He points to the medical literature for colds and cough.

"There's no data that antihistamine products are convincingly effective," he says. "Colds are not histamine-based. Symptoms are due to the virus killing normal cells. (An antihistamine) is not going to deal with the

• Avoid spreading germs in the first virus, and it's not effective for symptoms."

So, what does Uden do when his throat starts to tickle?

HARD FACTS

- •In an average year, Americans suffer 1 billion colds
- Students miss 22 million school days annually from colds.
- The flu causes 38 million missed school days and more nan 20 million lost workdays each year.
- Nearly everyone will get at least one cold this winter.
- One in five people who travel will catch a cold within a sek of flying.
- Adults average two to four colds a year; preschoolers get five to nine colds per year.

He may use a decongestant nasal spray but only if he's having trouble sleeping, and he uses it for no more than five days. Otherwise, he's a big fan of lemon drops and gargling with tepid salt water.

Student Government Speakers

Anyone wishing to speak during the Open Forum portion of Student Government's Senate meetings should contact Senate Speaker Steve Massara 48 hours prior to the meeting at 554-2720. Meetings are held every other Thursday at 7 p.m. Everyone is welcome!





For special needs or accomodations, please call 554-2620 (TTY 554-3799)

Grounds for drinking java

BARBARA QUINN

KNIGHT RIDDER NEWSPAPERS (KRT)

"So, when did you start drinking coffee?" I asked our youngest daughter after she had worked on a guest ranch in Colorado for a year.

"When I had to start work at 6:45 in the morning and there was 8 inches of snow on the ground and the temperature was five degrees," she said.

Good answer.

Coffee is the most abundantly consumed stimulant in the world. But, it was not invented by a modern sage named Starbuck.

According to registered dietitian Amy Brown: "Coffee was probably discovered in Ethiopia around the 3rd century A.D. when an Arabian goat herder named Kaldi noticed that his goats became particularly frolicsome after eating certain berries."

Coffee berries, or beans, do have some perks. They contain caffeine, a central nervous system stimulant that increases mental alertness and temporarily fires up metabolism.

Caffeine can enhance athletic performance by helping the body burn fat for energy during long bouts of exercise. In fact, the International Olympic Committee considers more than a moderate amount of caffeine in athletes a "doping agent."

Excess coffee can create a "latte" problems.

Caffeine arouses the heart to beat faster and raises blood pressure. It stimulates stomach

acids and can disturb your sleep. Too much coffee mixed with too little calcium in your diet can pour the strength out your bones.

Strong discussions continue to brew over coffee. Some evidence links coffee drinking to a lower risk for type 2 diabetes. Other studies find that coffee and caffeine raise homocysteine levels, a risk factor for heart disease.

The issue grinds down to this: How coffee affects you depends on how much and how often you drink it. Most experts recommend we keep our intake of caffeine to less than 300 milligrams a day. Here's the breakdown:

- •Brewed coffee contains the most caffeine, about 140 milligrams per cup.
- •Instant coffee contains about 80 milligrams per cup.
- •Tea contains 40 to 50 milligrams of caffeine per cup.
- Cola drinks contain 40 to 100 milligrams of caffeine per 12-ounce can.
- •Energy drinks like Red Bull contain about 120 milligrams caffeine in 12 ounces.
- Caffeine-free coffee is not... entirely. Most decaf coffees still contain about 3 percent of their original caffeine content.

If you're healthy, one or two cups of regular coffee a day should not pose a problem and may even have some beneficial effects.

Be cautious with coffee and other caffeinated foods if you have high blood pressure or other heart ailments.

OPEN POSITIONS

EXECUTIVE POSITIONS:

Executive Treasurer Chief Administrative Officer

SENATE SEATS:

Public Affairs and Community Service (1) Graduate College (3) Education and Human Sciences (1)

JUDICIAL BRANCH POSITIONS:

Traffic Appeals Commission Member Student Election Commission Member (5)

OTHER:

University Wide Committee Members

STOP BY THE STUDENT GOVERNMENT OFFICES IN MBSC, 1ST FLOOR FOR AN APPLICATION. APPLICATION DEADLINE IS THURSDAY, NOV. 17.



For special needs or accomodations, please call 554 2620 (TTY 564-3799).

ENTERTAINMENT

November 22, 2004 | entertainment@gateway.unomaha.edu

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Josh Bashara | Entertainment Editor

Upcoming concerts

COMPILED BY SOMMER LEINBACH
SENIOR STAFF WRITER

Friday

Perk Avenue Café, 1107 Park Ave., \$5 cover, 7:30 p.m., all ages

*Barter the Trigger
*White Collar Mercy

Ranch Bowl, 1600 S. 72nd St., \$7 cover,

8:30 p.m., all ages

*Anything But Joey
*Jupiter Sunrise

*Prospect Avenue

*Icares

Saturday

Mick's, 5918 Maple St., \$3 cover, 9 p.m.

CD Release party!
*Monica Eby

*Goodby Sunday

Ranch Bowl, \$10 tickets, 8:30 p.m., 18+

*The Big WU
*RC Dub

O'Leaver's, 50th and Saddlecreek, \$5 cover, 10 p.m., 21+

*The Tallboys

*Amsterband

*Scouts Honor

Nov. 23

Ranch Bowl, \$13 in advance, \$15 day of

show, 8:30 p.m., all ages *Monster Magnet

Nov. 24

Sokol Underground, 2234 S. 13th St.,

\$5 cover, 8 p.m., all ages

*Liquid Static

*SIN

*Coldsweat

*Aden's Basement

Ranch Bowl, \$8 cover, 8:30 p.m.,

all ages

*Grasshopper Takeover

*Slepeater *Glover

-

Nov. 30 UNO's Scott Residence Hall, 6510 Pine

St., doors at 7 p.m., show at 8 p.m.

Charity food drive, bring canned food for admission

*Anchondo

*Third Frate

*Toxic Bob

*More

Dec. 1

Sokol Underground, \$5 cover, 8 p.m.,

all ages

*Check Minus
*A.M. Mayhem

*Vagruntz

*Donkey Punch

www.unogateway.com



- According to the American Chiropractic Association, in 2000, the average annual net income for all chiropractors was \$81,500.
- The U.S. Department of Labor predicts that the chiropractic profession will grow approximately 35% by 2012.
- Join others who have achieved personal satisfaction by helping people live healthy lives—consider a career in chiropractic.
- Cleveland
 Chiropractic
 College
 Kansas City | Los Angeles

Los Angeles: 1-800-466-CCLA (2252) Kansas City: 1-800-467-CCKC (2252)

www.cleveland.edu

The Incredibles: the name says it all

REVIEW BY ERIKA BERG STAFF WRITER

I went to the movies this weekend with my boyfriend, only to find that my gaze wandered to a tall, blonde man. He was muscular and had chiseled features, a deep voice, a tight wardrobe and was quite animated...literally. This spandex-clad hunk was no normal "super" man. This man was

on a far-away island. This kicks the plot into the superpower frenzy of entertainment I've been waiting for.

Once on the island, Incredible meets the villain of the movie, Syndrome, who I easily hated as soon as he came on screen. As the movie progresses, crime-fighting becomes a family affair and you get to see them use their powers with dazzling effects in action-



courtesy photo

Mr. Incredible, and I saw him twice in one weekend.

The Incredibles (rated "PG") is Pixar's new animated film directed by Brad Bird. This movie sweetly combines James Bond music and action with a comic book setting and plot.

The movie starts out in a town called Metroville with Bob (a.k.a. Mr. Incredible, voiced by Craig T. Nelson), and his wife Helen (a.k.a. Elastigirl, voiced by Holly Hunter), who are attempting to run a "normal" family with three kids who have "special needs."

After lawsuits are filed on superheroes, the Supreme Court forces them to live their lives as their secretidentities—forever. Samuel L. Jackson voices Mr. Incredible's longtime friend and partner-in-crime, Frozone, as the two sneak out, behind the backs of their wives, to fulfill their passion for saving lives. Partway into the movie, Incredible has a slight problem at work leading him to get fired and then is conveniently offered a job

packed fight scenes.

I thought the visuals were outstanding, and at times I forgot I was watching an animated film. The humor lends itself to Nick-at-Nite-type sitcoms, but hilarious none the less. My favorite character was Edna, a take-no-crap fashion designer for the heroes who is actually voiced by Brad Bird.

This is a movie for all occasions. Take your little brother to see it for the good ol' fashion family values expressed in it, or it'd be perfect for a date. This movie (which grossed \$70.5 million opening weekend) boasts action, humor, some sentimental scenes...and here's a surprise: an animated film that has an actual plot. As an added bonus, if you get to the movie on time, Pixar gives you a cute animated extra: the short film, Boundin. All I can say on this one is that it involves a naked sheep. So if you want to guarantee yourself a good time for a couple hours some with good, clean entertainment, take my word for it and go see this exceptional movie.

ENHARMONIC NOTES

Three bands you probably don't know (but should)

COMMENTARY BY RAE LICARI STAFF WRITER

So the election is over, and you're preparing to participate in the mass exodus to Canada, Europe or another state far less backwards than Nebraska. Naturally, you are going to need some music for the trip.

Or maybe you're just bored with all your music right now.

At any rate, if your CD collection is a little lacking lately, perhaps you'll do well to add one or more of these artists to your musical library.

Auf der Maur

Remember Melissa Auf der Maur? The quiet, yet powerful bassist for both Hole and Smashing Pumpkins in their respective latter incarnations? It's not surprising if you don't; Auf der Maur is one of the most understated forces in music today.

Lucky for us, Melissa moved on to her own project once Hole and the Pumpkins imploded

under the weight of Courtney Love and Billy Corgan's respective egos. Her new group, simply called Auf der Maur, offers heavy rock with a metal edge on the debut self-titled record, released earlier this year on Capitol.

But mindless nu-metal this ain't...Melissa's velvety-smooth vocals soar and dive on top of the searing guitars and textured bass lines, covering common lyrical ground on smart songs about love, relationships and the like. Auf der Maur's music is fierce while retaining a certain uncomplicated beauty.

Recommended for fans of: Veruca Salt, A Perfect Circle, Canada.

Log on to: aufdermaur.com.

The Dresden Dolls

If you haven't already at least heard about the Dresden Dolls, you're probably living under a rock. The goth-punk cabaret stylings of this Boston-based duo are some of the most intriguing sounds to come from a two-person lineup that isn't Jack and Meg White.

Don't let the silly mime-esque makeup fool you; the Dolls make seriously quality songs on the self-titled debut album. Disease, decay and relationships gone awry are the topics set against the backdrop of Amanda Palmer's frantic piano poundings, accented by Brian Viglione's perfect percussion.



Cumbee's movie commentary Keeping you in-the-know on all things film



Holiday Movie Preview

ANDREW CUMBEE STAFF WRITER

For years now, November and December have been huge months for movies. The studios try to push out their really, really good stuff so they won't be forgotten come awards season in the following months. Another thing that you can count on during this exciting time in film is the "holiday movie previews" from, like, every film journalist in the business.

And now-dare I call myself a film journalist—I present this week my own holiday movie preview. Hooray. The UNO Gateway Holiday Movie Preview 2004.

Here goes: This year, things are going to be a little different. The biggest change this year is the obvious: no new Lord of the Rings. I know, I know, what is life going to be like now that it's all over? Besides not being as cool, it will be much like the 1990s, pre-LOTR. It's okay, though, there are still nearly 100 films coming out in the next couple of weeks, and hopefully, we'll get something that measures up to Return of the King.

November has already seen some film releases that are almost worth the outrageous ticket price. Ray, The Incredibles, Finding Neverland and Seed of Chucky have already come out and will be a force to reckon with come Oscar day. Well, all of those except one. And by "one," I mean Ray, of course.

Bridget Jones' Diary, a huge hit and award winner from 2000, had a sequel this weekend, too. A sequel that got overwhelmingly bad reviews. And the remake of the 1966 classic Alfie was also released, though no one noticed and it bombed at the box office. Reviews were mostly along the lines of, "Why would they do that?" Anyway, the Tom Hanks Christmas film, The Polar Express, also came out to poor reviews. So far, we've been hit-and-miss this season, but things are looking up.

Next weekend we'll be seeing two out-of-place films: The SpongeBob SquarePants Movie and Jerry Bruckheimer's National Treasuretwo films that seem like they should have come out this summer-will be making the holiday film season feel less high-brow. If you don't want to think, then these are for you.

On Nov. 24, we get Oliver Stone's take on Alexander the Great, starring Colin Farrell as the young conqueror. Advance reviews have said that this movie doesn't make sense, but we'll see. Advance reviews are sometimes planted by competition in the cutthroat film industry. It will probably be bad, but don't take my word on that. We also get Christmas with the Kranks that weekend. For those that have seen the preview, you should know to avoid that movie.

Dec. 3 sees Closer and House of Flying Daggers. Closer is from Mike Nichols, one of the great directors. It's a relationship drama all about sex, starring Julia Roberts, Jude Law, Natalie Portman and Clive Owen. Daggers is a new Hong Kong, kungfu epic import. Both should be great, depending on your taste.

The next week we get two more fun movies. If these sequels live up to their predecessors, they should be worth seeing. Blade: Trinity comes out on Wednesday the 8th and Ocean's Twelve comes out Friday the 10th. This week also gives us two more grown-up movies. The Life Aquatic with Steve Zissou, from hilarious and weird-movie maker Wes Anderson, is released on the 10th along with Kevin Spacey's Beyond the Sea, where the director/star takes on the life of song legend Bobby Darin.

And film buffs, just get ready to save some time and money for Dec. 17. Four movies come out that day that should be worth seeing, with one coming out the Wednesday before. For the average movie-goer, not all of these will sound that interesting. First up is Lemony Snicket's A Series of Unfortunate Events, based on the popular children's books and starring Jim Carrey. It shouldn't have too much trouble winning the box-office receipts that weekend. The rest of the movies are made by people who have proven themselves time after time. Martin Scorsese's Howard Hughes biography, The Aviator, starring Leonardo DiCaprio, for example. We also have Spanglish, a serious comedy starring Adam Sandler (this will not be a typical Sandler movie, if that's what you are looking for) from writer, director and producer James L. Brooks (As Good as It Gets). There's also Jean-Pierre Jeunet's A Very Long Engagement and Clint Eastwood's Million Dollar

Dec. 22 also has multiple hugeevent pictures coming out. The musical film version of The Phantom of the Opera, Meet the Fockers, the Flight of the Phoenix remake, and the independent film Hotel Rwanda, which has already won some major awards, all come out that day.

It's not over yet, because on Christmas day, we get Fat Albert. I cannot wait for this. Actually, the movie sounds better than it sounds. Really, who wants a Fat Albert movie? But this is what sounds cool: the characters from the cartoon step into the real world. This is a what-ifthey-were-real-and-here-in-the-realworld kind of movie, like Star Trek IV. Remember that one? It had the whales and the Star Trek dudes couldn't adjust to our life. Yeah...good movie.

Anyway, there are a few more movies being released just before the 31st, to get in there for the Oscars. The Assassination of Richard Nixon, starring Sean Penn and Naomi Watts, is one. They shot part of this movie in Omaha this summer, if you remember. A Love Song for Bobby Long sees John Travolta trying to act again. It's about some people that life is mean to. Scarlett Johansson also stars. And finally, we have The Merchant of Venice. This is Al Pacino doing Shakespeare. That seems weird, but awesome.

Well, now its time to end this Holiday Movie Preview. Keep in mind that there are a ton of other films not written about here. There are so many that I chose just to select the best bets and big names. But for now, I'm done talking about them. I think that with time and energy, we can all get through this new world without Lord of the Rings. It will be tough, I'm not saying it won't, but we can do it. With all of these new movies, though, I think the task will be easier. Back in two weeks...



The good, the bad and the ugly... UNO Hockey

The weekend in Maverick hockey

ANGIE PECK
SPORTS EDITOR

This weekend's hockey series left many who were on hand wondering "What just happened?"

After an all around team effort in a 4-2 win Friday, the Mavs looked as though they would easily complete the sweep Saturday. But a penalty kill meltdown on Saturday led to a 6-4 loss and a split of the weekend series with Bowling Green.

After allowing Bowling Green to score the first goal of the game, UNO responded with two goals. David Phillips picked up an even-strength goal to tie the game, and Dan Knapp earned his second goal of the season, on a power play goal with 48 seconds left in the period to give UNO the 2-1 lead going into the locker room.

Momentum is everything in college sports and halfway into the second period Bowling Green's Don Morrison tied the game on a power play goal that looked more like a pass then a shot.

"We were up 2-1 and we were really controlling play and they picked up that power play goal. It was a very weak shot, it went through under Anthony Adams, went through Mike Eickman and barely made the back of the net under (Goalie) Chris (Holt)," explained UNO's Hockey Head Coach Mike Kemp. "That breathed a lot of life back into

[Bowling Green] and our penalty kill could not stop them in the third."

Bryan Marshall aggravated an old knee injury at 11:54 of the first period, but he is not expected to be out of the lineup for too long according to Kemp.

Bill Thomas picked up a power play goal for the Mavericks but Bowling Green responded a little more than two minutes later with their first even strength goal of the game. Still down by three goals, the Mavs still played hard and Dan Knapp picked up his second goal of the



Michelle Bish

Bryan Marshall gets hooked by Bowling Green's Ben Geelan as Jonathan Sigalet looks on during Friday night's game.

"It was a big fall when Marsh came out of the game. He's the first line center and one of our penalty killers. When you're paired up on the penalty kill, you get some chemistry going," said assistant Captain Dan Hacker, "When he fell out, he's my partner and a new guy steps in, its out of sync a little."

In the third period, Bowling Green rattled off three goals on four power plays and took a 5-2 lead with a little over ten minutes left in the game. The Mavs never stopped battling,

game with 2:11 to end the scoring.

Friday's game was a much happier time for the Mavericks. Alex Nikifortik scored his first two goals of the season to lead UNO to a 4-2 victory.

The Mavericks set the tone for the game by scoring on the first official shot on goal of the game.

"It's kind of like a settle down goal. That goes in and the team's in the game and [Bowling Green] is playing catch up for the rest of the game," said Holt.

Nikiforuk added a goal with a man advantage, as the Mavericks built a 2-1 lead after one period.

"It was a good team effort, which is what we are looking for here. Tonight, different guys showed up and we won, which is nice we don't have to rely on the same guys like last year," said Nikiforuk. "It's a real team win, character win, and I feel it's the direction we are moving this year."

The Falcons cut the lead to 2-1 late in the first period on a 5-on-3 power play.

"The initial shot was from the point and came back out between my legs, as I tried to scoop it between my legs I fell backwards. Then (Bowling Green) chopped at it and it came up by my face and I caught it but (the ref) said my glove was behind the line," explained Holt. "If the puck is in my glove and he calls it a goal I'm going to raise an issue of it."

Holt did not allow the questionable goal to rattle him. He stoned the Falcons the rest of the way, only allowing one more Bowling Green goal and picking up his sixth-win of the year.

Marshall added a goal in the second and Nikiforuk picked up his second goal of the game in the third. Bowling Green's Steve Brudzewski added a goal in the third, cutting the UNO lead to 4-2 but that was all Bowling Green could produce.

UNO is now 6-4-0 overall and 4-4-0 in the CCHA while Bowling Green is now 5-2-1 overall and 3-2-1 in the CCHA. The Mavericks play host to Ohio State on Friday and Saturday at the Qwest Center Omaha.

Maverick volleyball sweeps Minnesota State Saturday night

ANGIE PECK
SPORTS EDITOR

After committing 20 hitting errors and hitting just .115 as eighthranked Minnesota-Duluth handed the Mavericks a 3-0 (30-25, 30-24, 30-25) loss on Friday night, the Mavericks hit just .094 but UNO managed a 3-0 (30-26, 30-24, 30-27) sweep over Minnesota State on Saturday night.

Friday night, none of the Mavericks

Security at 554-2648.

could manage double-digits in kills in the match. Senior Amy McLeay had seven kills and 12 digs to pace the UNO attack. Three Mavericks, Jenny Rankin, Ashley Freeman and Heather Hainline, each managed six kills.

Junior setter Christie Johnson delivered 27 set assists along with two kills and one service ace. Junior Chelsea Miller matched McLeay with a teamhigh 12 digs.

Minnesota-Duluth was led by

senior Callie Zwettler who recorded a double-double with 17 kills and 12 digs. Freshman Vicky Braegelman tallied 10 kills on a match-high .421 hitting percentage.

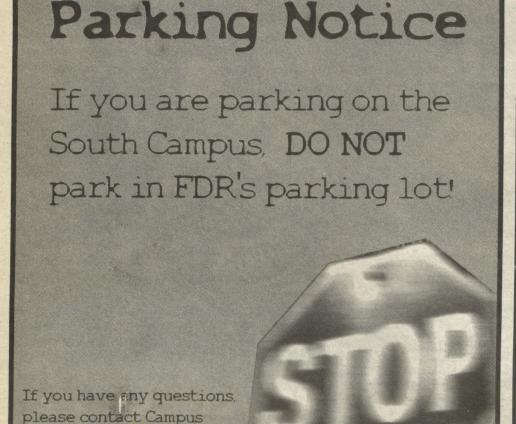
The Mavericks were led by junior libero Chelsea Miller, who recorded a match-high 30 digs along with two service aces. UNO held a commanding 72 to 58 advantage in digs and an 8 to 2 advantage in service aces. The Mavericks also benefited from six Minnesota State service errors, compared to just three for UNO.

Offensively, UNO was led by senior outside hitter Jenny Rankin who registered nine kills and one block. Junior Heather Hainline and senior Amy McLeay each added eight kills in the win. Junior setter Christie Johnson recorded a double-double with 36 assists and 10 digs.

Minnesota State (10-17, 3-9 NCC) was led by sophomore Mandy Reuter with 16 kills and three blocks. Senior outside hitter Michelle West notched a double-double with 10 kills and 17 digs.

The Mavericks end the regular season with a 16-10 overall record and a 6-6 mark in the NCC, good for fifth place.

UNO's next action will come next week at the North Central Regional Championships, scheduled for Thursday-Saturday.





28 Section of the contraction of

Swimming and diving picks up two wins over the weekend

ANGIE PECK SPORTS EDITOR

The UNO swimming and diving team picked up a dual victory against South Dakota, Friday and placed first out of eight teams at the South Dakota State Jackrabbit Invite, Saturday.

Friday evening, the Mavericks picked up their second dual victory of the year, placing first in 10 of the 13 events at UNO's HPER Pool. UNO's Martina Zamecnik and Jamie Grogan paced the Mavericks, winning two events each. Zamecnik won both the 200-yard butterfly (2:19.48) and the 200-yard individual medley (2:14.69), while Grogan took both the 1-meter and 3-meter diving events.

Another big win for the Mavs was Megan Jamieson's 1,650-free win over conference champion Audrey Donley by a little over six seconds.

The Mavs ended the night with 134.5 to South Dakota's 94.5.

On Saturday, the swimming and diving team traveled north to compete in the South Dakota State Jackrabbits Invite. The Mavs placed first in 15 out of 16 events, sweeping first and second place in 10 of the events. UNO's Veronica Barna, Ashley Renshaw, Molly Connolly, Jessica Hessel and Jamie Grogan each picked up two events. The Mavericks finished with 586 points, with second place Minnesota State, Moorhead following with 424.

UNO will travel to Kearney on Friday in dual action with Nebraska-Kearney. The next home meet for UNO will be the Mutual of Omaha Invite held on Dec. 3rd and Dec. 4th at the HPER Pool

Eight Maverick wrestlers place in season-opening tournament

ANGIE PECK
SPORTS EDITOR

Two-time NCAA II heavyweight champion Les Sigman started off the season where he left off—capturing the championship. He won with a 3-1 overtime decision Saturday in the Nichols Open, held in Fort Dodge, Iowa.

A total of eight Mavericks, including Sigman, placed in the season-opening tournament. The place winners included: Cody Garcia, third place at 125 pounds; Mitch Waite, second place at 133; Kris Thayer fourth place at 141; Patrick Allibone third place at 149 and Kasey Kohl fourth place at 149; Mark Ludlow fourth place at 165 and Steve Conlin fourth place at 174.

The Mavs returned ten of last year's starters, including six All-Americans. They start the season ranked first at the NCAA Division II level and are the favorite to repeat.

Two-time national champ Sigman (heavyweight), NCAA runner-ups Dustin Tovar (125) and Allibone (149) and third-place finisher J.D. Naig (165) are all ranked first in preseason polls. UNO's All-American Eli Dominguez is ranked second (141) and All-American Mitch Waite (133) is ranked third.

The Mavs' next action is Saturday at the Sapp Fieldhouse hosting Kaufman-Brand. Over 700 competitors are expected in the largest single-day collegiate wrestling meet in the nation.

From Notes: Page 6

SPORTS

Recommended for fans of: Tori Amos on crack, carnival sideshows.

Log on to: dresdendolls.com.

World/Inferno Friendship Society

Many have tried to describe World/Inferno Friendship Society's sound, coming up with such terms as "punk rock tent revival" and "twisted vaudeville cabaret." I say the only word needed to describe the cultish musical gang is AMAZING.

The Society is based out of Brooklyn and is composed of a rotating lineup of members, usually numbering between nine and 13, lead by a man who calls himself Jack Terricloth. The music defies characterization - swing, ska, punk, gospel, pop, it's all there - with an eclectic amalgamation of all sorts of instruments, including horns, accordion and piano. Add to that mix the eerily Danny Elfman-esque vocals of Terricloth, and - voila! - you have the sonic mayhem that can be found on such Society releases as 1997's debut full-length, The True Story of the Bridgewater Astral League, and the recently released EP, Speak of Brave Men.

Recommended for fans of: Oingo Boingo, demented show tunes.

Log on to: worldinferno.com.

From TWENTY: Page 4

Batman knows all these cool moves like martial arts. So it really depends because in a fight there's a lot more than just fighting. It's all psychological. Superman might not feel fear but Batman might be fearful. So I'm just going to say Superman because it seems that Batman's life is lived out of fear because of his parents dying. He's got some mental problems probably."

15. What would you change about UNO and why? "I'd make it more conscious of what's going on, more acceptable to everyone."

16. Why did you choose UNO? "It's really cheap and my Mom works here, so it's even cheaper. And I know you need to go to college in order to get a good job."

17. What advice would you give to incoming freshman? "Get involved in some kind of extracurricular activity."

18. Anything you'd like to say to your professors? "My professors are pretty cool. There's some still some who need to grow up or evolve a little."

19. Do you think we should sell cigarettes on campus? "I don't think it's really needed."

20. What question would you like us to ask the next student profiled? "Have you ever considered learning Kung Fu?"

From FASHION: Page 4

A: "Haha! Stetson Man?"
J: "Shut up."

A: "Sorry. Anything else?"

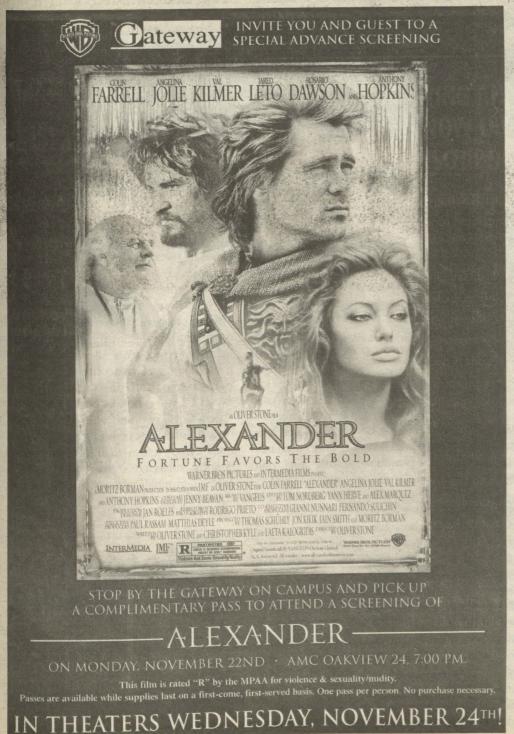
J: "I did accidentally sport spandex biker shorts a time or two..."

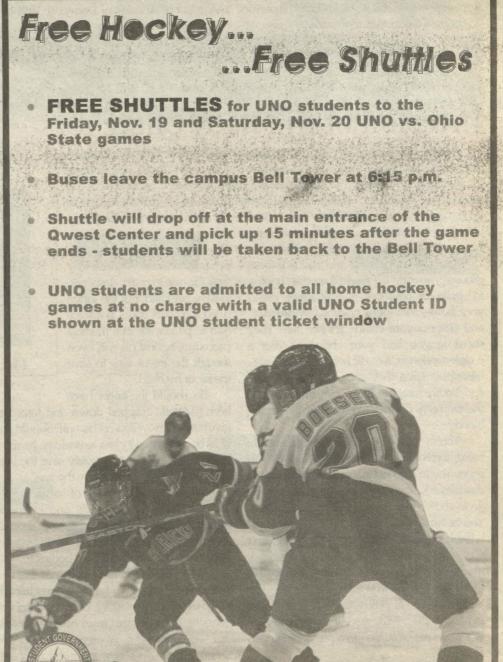
A: "Well thanks, let's leave it at that!"

No need for elaboration, right? I really have no right to laugh. For my entire sixth

grade year I wore leggings and sweatshirts every day. If I was feeling especially fierce, I would throw in a scrunchie to match the plaid Limited Too logo on my hoodie. I'm sure many of you can relate. And guys, the pro football pullovers? Yeah, we were all so hot.

Ilearned something through this, however. Our campus is crawling with style, from the little details like handbags, to people who look like they just walked out of GQ...like Jared! Strut your stuff, people, you may be next!





For special needs or accomodations, please call 554-2620 (TTY 554-3799)

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A Story of changing majors

When we are 18, and getting ready to go off to college, we have to decide what we want to be for the rest of our lives. Does this make any sense at all? At that age, can we really determine what we want to do? I think not.

Changing majors is an alltoo-common practice among college students, as I learned while sitting in class last week And rightfully so.

When I graduated from high school, I thought I knew

what I wanted to be. For about five weeks of my first college semester, I wanted to be an orthopedic surgeon. It seemed like it might be cool to work with joints. It also seemed like a good way to get involved with professional sports teams down the line. That is until I started attending the classes the advisors at UNL told me I should take.

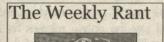
Stupidly, I declared myself as a biology major in pre-med when I went to Lincoln (might as well start out with lofty goals.) So I began attending my sophomore-level biodiversity

What a horrible idea.

This class met Monday, Wednesday and Friday mornings at 8:30, with an additional lab for four hours on Tuesday nights. I rarely made it to class in the morning and when I did, I usually slept through it. To make things worse, I had never heard any of the terms the instructor used in the lab (I had taken only freshmen-level biology in high school, which left me severely unprepared.) So I was a biology major for only about one semester.

After that, I was able to declare myself undeclared, and the university put me into the University division (whatever that means). Apparently it meant I could take whatever classes I wanted to, in no particular program. At this point I should have known it would take me longer than average to get done with school.

After my first year in Lincoln, I came back to Omaha and enrolled at UNO. This is when I





Andrew Crnic

began taking classes just because they fit into my schedule. You all know what I'm talking about. Going to class on Tuesdays and Thursdays only with one night class somewhere. It's a great

Eventually, I had to declare a major. So I selected journalism for the first time. After taking only one class, News Writing and Reporting, I decided I would rather write fake news than factual news (it's more fun to make up stories than do

actual research, at least I think so).

So then I changed majors again, to History. History has always been kind of interesting to me. If you're keeping track, that's three majors in three years.

After two years in the history department, I had to get out. You see, one required class, Historical Research, entails writing a 20-25 page paper from primary sources. That was not for me. Research and me, we're not really friends. Never have been, never will be. So back to Journalism I went.

You might wonder why I chose History and Journalism twice for my majors, and a very simple explanation exists. In these two departments, the highest Math class you need is Intermediate Algebra. I had tried unsuccessfully twice to pass Trigonometry, failing once and withdrawing the other time. After that, I refused to attempt it again.

So here I sit. Barring any catastrophe, I will be done with school at the beginning of July, and I'll have a degree in Journalism in the News Editorial division. But what will I do with it?

As of now I have no plan. Journalists don't make a lot of money starting off (until you become Rick Reilly), and it costs a lot of money to live in Los Angeles, or Denver or Atlanta or Seattle (where the good sports news is).

Who knows where I'll be this time next year? As much as I hate to say it, I might be back, roaming the sidewalks of UNO.

Confessions of a conservative columnist

As Far As I'm Concerned

Matthew Lytle

I've been writing this column for a little more than a month now, and I've felt that some things haven't been said. And since I'm probably the only columnist with the ability to do such a thing, I think it's time I confessed.

First off, I will confess that I may have few readers who agree with me. And to be fair, when colleges are predominantly liberal, a conservative in college is like a mouse in a cat-lover's convention. I doubt I can make myself clearer. This is especially

true if said conservative has an article within the campus newspaper. But, it's my conservatism that actually got me to what you're reading

I've heard that many people don't exactly agree with me, but it's the fact that these people read what I have to say. I'd rather have people read my article and disagree with me than not have anybody read them at all.

I feel I should also confess that there have been a couple of times where I have considered actually giving up writing. And these have stemmed from a couple of ad hominem attacks, or attacks targeting me, from my critics. That's one of my fatal flaws, the fact that I can dish it out, but I can't really take it. And, to be fair, I have committed this act once, though at the time, I never meant it as such. But, I will, out of respect of those individuals whom have attacked me or I have attacked, not release their names. "Treat others how you would want to be treated," that's one of the lessons I learned when I was young, and have taken into practice. Though we usually don't agree on the issues, I respect my enemies to the point that I limit attacks on them, and I at least try to point out some factual errors. (Here comes the hate-mail, anyway.)

But, I also have to confess that I must be doing something right, after all. I went back through past editions of The Gateway and The Gateway Web site, and I took a look at reactions to both my articles and the articles of who I believe

is my toughest competition, Melanie Williams. Now, I'll give Melanie some credit, she's been at this for three weeks longer than I have, but the results seem to be close enough.

I looked at every article that each of us has written, (including the three before I started), and read the feedback. As it turns out, through all of the articles, Melanie received eight pieces of bad reviews, while I gut stuck with ten. Of

course, not all reviews are bad. I received five good reviews, while Melanie received four. As you can see, it's a close race. However, here's where the race widens out a bit, and they're called "Letters to the Editor." Throughout the semester, I, probably the most hated student on campus, have yet to tick somebody off to the point that they write a letter to the editor. Melanie, on the other hand, has netted three letters to the editor against her. I have to be doing something right with these articles, since the only bad reviews I've gotten are online reviews from the same few people.

Well, I feel better now. I've gotten a few things out there, hopefully for all to see. Now, although I expect torrents of hate-mail, trying to get me to quit writing, I already have a special folder in my Inbox for them. It's called, "Trash" because that's one thing I've learned after writing this, and that is those who send me hate-mail are usually those who I can't reason with. This is why I ignore them.

But, regardless, no matter what the collegiate liberals have in store for me, even if it's some nasty attack comments, I knew what I was getting myself into to begin with, and I'm not going anywhere.

Got something to say to me? E-Mail me at mlytle@mail.unomaha.edu. I will read each e-mail personally, and try to respond as such. Just please keep it short, no profanity and no viruses.

Invasion of the Body Snatchers

Imagine this scenario: A woman in your city is suffering from a condition that requires a transfusion. You happen to match her rare blood type. Although giving blood isn't very dangerous or painful, you were raised believing such situations should be left in the hands of God and are unwilling to donate.

The woman's family and national focus groups go to court to present their case, hoping to legally compel you to give. Strangers picket your home with signs reading, "Murderer!" and "It's not your choice; It's her life." They shout at you and your children. After a couple weeks of dramatic headlines, the judge ultimately rules that your right to privacy and bodily integrity are not as important as the woman's right to receive your life-saving blood.

You're stunned. You can't believe you're being forced into a medical procedure you reject. You're a good citizen. You contribute to charities and volunteer your time. You work, go to church and have never broken the law. You assumed you had the right to determine what happens to your own body. They can't even take people's organs after you're dead, if you don't agree ahead of time. But in this case, they decide you have no choice. The authorities come, pull you from your home in handcuffs and take you to the city hospital where you are strapped to a bed, kicking and screaming.

If you're a man, you may be relieved to know this scenario is mostly fictional.

A few years ago a similar case made

real headlines, but the situation was even more compelling. An estranged father was asked by the mother of their child to get tested for a possible bonemarrow match to save their son. The divorced father refused for personal reasons. The mother took the case to court, desperate to save her child, but the judge ruled the court could not force him to participate in a medical procedure against his will, even though the intent was to save the life of his child.

So, should the father have been sedated, strapped down and forced to give bone marrow against his will? Should any of us be compelled by law to undergo invasive medical procedures to possibly save the lives of others? Where do we draw the line?

While I think the idea of sacrificing for the benefit of others is good and I support donating blood and organs, I stop short of assigning to the government the right over our personal privacy and our own bodies.

Yet when the scenario becomes that of a woman who is pregnant either against her will (another type of violation), or by ignorance or accident, the sentiment from many people in our society changes. Women are expected to sacrifice themselves. A woman must not only donate her body to nurture a pregnancy for nine months, but allow whatever procedures are deemed necessary in the interim and



Melanie Williams

assume responsibility for the health and well-being of her children afterward. If she fails, she can be charged with a variety of crimes.

I had a legal abortion at

16 and years later experienced the pregnancies and birth of my two children. I can speak from personal understanding of what happened with me, and none of my decisions were easy or thoughtless. It horrifies me to think how women in this country used to be forced into childbirth

against their wills, or, how out of desperation they placed their lives in the hands of untrained "back-alley" practitioners. We are again threatened with these repeat crimes against the most basic foundation of human autonomy - determination over our own bodies.

People who argue against a woman's right to terminate a pregnancy will say she doesn't have the right to decide for the unborn — that "it's a life, not a choice."

Scott B. Rae, Ph.D., a Fellow and Professor of Biblical Studies-Christian Ethics at Talbot School of Theology in California, said the rules seem to apply differently to women facing unwanted pregnancies.

"Interestingly... outside the OB [obstetrics] setting...one cannot generally justify imposing risk on one patient in order to benefit another. Common examples

include organ donation, bone marrow transplantation, and blood donation. These procedures cannot be forced upon a person, irrespective of the benefit to another, even if the one who would benefit is a close relative or family member."

Women have historically and ironically faced an uphill battle for equal rights and consideration here and throughout the world. This administration is pushing hard to again make a fertilized human egg more important than legal precedence allows for others. We must not forget that prior to winning the right to reproductive freedom in 1973, women experienced the horrors of the black-market, "back-alley" abortion and died needlessly because of a lack of legal medical help. We must never return to the times when our country subjected women to choosing the label of criminal — or corpse — over forced childbirth.



Editorial and letter policy

Opinions expressed are not necessarily those of the University of Nebraska at Omaha or the University of Nebraska Board of

Regents.
Opinions in columns and letters to the editor do not necessarily reflect the opinion of The Cateuay, staff or the publications committee. Letters to the editor will be selected for publication on the basis of timeliness, clarity and available

space. The editor reserves the right to edit all letters for publication. Letters must be signed using the writer's first and last names. Letters must include the writer's address and phone number for verification purposes only. Letters to the editor exceeding two typed pages will not be considered for publication.

MBSC Activities

Milo Bail Student Center



Tues., Nov. 16th

Catholic Campus Ministry International Studies

10:30 amStudy Abroad 11 am Zeta Tau Alpha

11:30 amChancellor's Luncheon

11:45 amInternational Professionals

12 noon FMLA

NU Flex Enrollment

SAP User's Group 2 pm Delta Epsilon Chi

3:30 pmOPS Dual Enrollment

Lithuanian Dinner 6 pm Alpha Xi Delta

Alpha Xi Delta Lambda Theta Nu

Wed., Nov. 17th

Campus Crusade 7 am Traffic Appeals 8 am

11 am STD Awareness Fair 11 am Zeta Tau Alpha

12 noon Assertiveness Training 12 noon ALAS

12:30 pmCultural Awareness Programs

Political Science Jr. Panhellenic 3 pm Glad Tidings Church

Thurs., Nov. 18th

10 am Consider This . . .

SPO Laser Tag 12 noon Much More Scholarship

Luncheon 12:30 pmAAUP

1:30 pmAcademic Advisors

IFC Recruitment Task Force

Delta Sigma Pi Library

Fri., Nov. 19th

Lambda Theta Nu

Panhellenic 9:30 amRetirement Planning Session

12 noon Interfraternity Council 12 noon AA

Judicial Board 2 pm Beta Alpha Psi 6 pm

6:30 pmChrist on Campus 6:30 pmBahai Club

7 pm Pan African Music Fest

Sat., Nov. 20th

9:30 amUNO Community History

6:30 pmHear for the Holidays

Sun., Nov. 21st

Zeta Tau Alpha

Muslim Student Association 3 pm

3 pm Sigma Kappa

4 pm Sigma Kappa

4 pm Theta Chi

Lambda Chi Alpha 5 pm

Pi Kappa Alpha 5 pm Student Gaming Organization 6 pm

Sigma Lambda Beta 6 pm Pietro Dinner 6 pm

6:30 pmTheta Chi

7:30 pmDave Pietro Concert

Mon., Nov. 22nd

11 am Phi Beta Sigma 11:30 amZeta Phi Beta

12 noon AA

12 noon Master Success

12 noon The Grove

12 noon African American Organization

2:30 pmMuslim Student Organization

Chi Omega ROSAS 7 pm

Christian Student Fellowship 8 pm

College Democrats 8 pm

8:30 pmCircle K

Tues., Nov. 23rd

Catholic Campus Ministry Network for disAbled 11 am

Students

12 noon FMLA

1:30 pmPublic Administration

2:30 pmDual Enrollment

Delta Epsilon Chi

Alpha Xi Delta

Alpha Xi Delta

Lambda Theta Nu

7:30 pmGreek Endeavor

Wed., Nov. 24th

2:30 pmFaculty Senate ACA Committee

Planning an event? Recruiting new members?

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Classified Ads

Notices

Advertising will be rejected that discriminates based on age, race, color, national origin, religion, sex, disability, marital status or sexual orientation.

Lost & Found

FOR ITEMS LOST AT UNO

Contact Campus Security, EAB 100, 554-2648. Turned-in items can be claimed by a description and proper identification.

Advertising for items lost or found on the UNO campus will be published free in the Gateway for two weeks. Forms are available at the Office located in Milo Bail 1st

Dance instructor needed part time. Children. Tap, ballet, jazz. Call Cherrie 390-2657.

Broadmoor Development is seeking an outgoing, detailed, professional individual to fill the position of a parttime weekend leasing consultant. Please apply in person at Willow Park Apartments, 9605 Park Drive, Omaha, NE 68127.

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Housing

APTS., HOUSES and sleeping rms. for rent, roommate lists - call UNO off-campus Housing Referral Service at 554-2383 or stop in the Admin. Office, Milo Bail Student Center.

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HAPPENINGS AROUND CAMPUS

SPORTS

Left: Courtney Petersen warms up prior to the Mavs swimming and diving meet against South Dakota Friday night at the HPER Pool.

Photo by Michelle Bishop

Top right: Bill
Thomas gets
pulled down by
Bowling Green's
Steve Brudzewski
during Friday
night's game.

Bottom Right:
Chris Holi
watches the puck
bounce across the
crease as Dan
Knapp holds
back Bowling
Green's Jonathan
Matsumoto
during the second
period of Saturday
night's game.

Photos by





Top: Greg Rishoi's "Machine For Living: #2 All Work and No Play" is on display at the fall 2004 UNO Art Student Exhibition in the UNO Art Gallery in the Weber Fine Arts Building.

Middle: Visitors are encouraged to rotate Susan Pedersen's "!0,100 Kisses Deep" interactive exhibit at the exhibition.

Bottom: Bart Vargas's "Screwball" is on display at the exhibition.

Photos by Michelle Bishop



UNO students who were paying their parking fine the full brunt of Campus when boots were placed

Photos by Michelle Bishop

